

[Music]

Female VO:

The Substance Abuse and Mental Health Services Administration presents the *Road to Recovery*. This program aims to raise awareness about mental and substance use disorders, highlight the effectiveness of treatment and recovery services, and show that people can and do recover. Today's program is *The Road to Recovery 2016: A Showcase of Events*.

[Music]

Ivette Torres:

Hello, I'm Ivette Torres. On behalf of my colleagues at SAMHSA's Recovery Month team, I welcome you to *The Road to Recovery 2016: A Showcase of Events*.

Every September, people all around the country observe **Recovery Month**. Supported by SAMHSA and more than 200 Planning Partners, **Recovery Month** celebrates people in recovery, raises our awareness and understanding of mental and/or substance use disorders, and recognizes those who work in the field of behavioral health.

The 2016 theme, "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!" highlights the personal recovery stories of families who have overcome mental and/or substance use disorders. The voices of families that speak about their experiences of recovery are very powerful. Families who share their recovery journeys show others that they are not alone and that recovery is possible. Hearing their stories of recovery can help inspire others to take a first step on the path of hope, health, and wellness.

As we hear these personal stories, we begin to understand that families in recovery are diverse and come from all walks of life. Their pathways of recovery take many different forms, but they all are characterized by relationships based on care, support, and respect. These stories also show us that families in recovery aim for all members to live self-directed lives and achieve their full potential.

For more than 25 years, **National Recovery Month** has educated Americans about the facts: Nearly 1 in 10 Americans struggle with a substance use disorder, and about 1 in 5 have a mental health condition. No individual—and no family—are immune to these disorders and their effects.

National Recovery Month also sends an even more important message: Mental health services, substance use treatment, and recovery support services make it possible for those with these disorders to lead healthy, rewarding, and productive lives. The benefits of recovery extend beyond the individual to families and communities.

Recovery Month events are opportunities to engage others in supporting people in recovery. People who participate can assist those in need of treatment get the help they need to overcome mental and/or substance use disorders. Hosting activities and events during **Recovery Month** spurs conversations about prevention, treatment, and recovery services for behavioral health conditions. Such conversations—particularly families in recovery telling their stories—can really bring home to elected or appointed officials, civic business and other community leaders, the gains and cost savings that can be achieved through the availability of mental and/or substance use disorder services.

Female VO:

National Recovery Month Press Conference. September 10th, 2016, Washington, DC.

Tom Coderre. Chief of Staff, Substance Abuse and Mental Health Services Administration. U.S. Department of Health and Human Services.

Tom Coderre:

Good morning everyone, and welcome to SAMHSA's 2016 27th annual **Recovery Month** observance. This year, we are asking everyone to join the voices of recovery. And our theme this year is "Our Families, Our Stories, Our Recovery!" because we know that families play an important role in peoples' recovery. Recovery Month provides an opportunity to celebrate those Americans in recovery from substance use disorders and/or mental illness. It also celebrates the hard work, the day-to-day work of dedicated professionals in the field, of advocates, of grassroots organizations and of the family members and friends who have joined their loved one on this unique journey of recovery. Today SAMHSA is releasing a national report, *Behavioral Health Trends in the United States: Results from the 2015 National Survey on Drug Use and Health*.

Female VO:

Kana Enomoto. Principal Deputy Administrator, Substance Abuse and Mental Health Services Administration. U.S. Department of Health and Human Services

Kana Enomoto:

Millions of Americans are affected by mental and substance use disorders each year and millions in fact most go without the treatment that could help them achieve recovery. Nearly 55 million Americans, 54.9 million Americans or 1 in 5 adults in America met the criteria for a substance use disorder or a mental illness in the past year, and only 39% of that 55 million received services.

Female VO:

Michael Botticelli. Director of National Drug Control Policy, the White House Office of National Drug Control Policy.

Michael Botticelli:

So we need to expand access to treatment and we need to do it now because like every other disease, people who want treatment should be able to get it, and it should not be dependent on where they live or how much money they have. The president has put forward a plan to do this; in fiscal year 2017 budget, he calls for 1.1 billion dollars in new funding to expand prevention, treatment and recovery support services. Expanding access to treatment means more people will reach recovery and be able to forge healthier lives.

Female VO:

Paolo del Vecchio. Director, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration. U.S. Department of Health and Human Services.

Paolo Del Vecchio:

Recovery Month reminds us that there is hope that through evidence-based treatment and services that there is hope for a better tomorrow for the millions of Americans who experience behavioral health conditions in their families. We know in fact that every American with mental illness and substance use disorders can improve, and most can and do recover. And I know this personally because I am one of those individuals having lived with mental health and addiction conditions for most of my life.

Throughout my personal journey of recovery with the support of my family and community and sharing my story, I have joined the voices of recovery and you can too.

Female VO:

Lexi Sandoval. Certified Peer Specialist, National Alliance on Mental Illness.

Lexi Sandoval:

My recovery hasn't been easy, it has included many ups and downs, curves and U-turns, but by continually educating myself on new coping skills and utilizing them, I am able to live a healthy and happy life. Throughout my journey, it was always important to have a good support system as well. They were the ones that held the candle when I couldn't seem to see the light. For anyone that is out there and is feeling like there is a dark cloud over them and there is no light in sight, please know that this too shall pass and that you are never alone. If you reach out, someone is always reaching back.

Female VO:

Kimberly Johnson. Director, Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration. U.S. Department of Health and Human Services.

Kimberly Johnson:

For over two decades, SAMHSA's Center for Substance Abuse Treatment (CSAT) has played a vital role in the successful treatment and sustained recovery of millions of Americans who are now living healthy and productive lives; they are supporting their families, they are building their communities and they are contributing to the wellbeing of this country. CSAT funded programs are focused on screening for substance use disorders in a variety of settings, increasing access to treatment and recovery supports for people who have substance use disorders and ensuring that the care that people get is of quality. CSAT programs also address conditions that are commonly co-occurring with substance use disorders like depression and anxiety or infectious diseases like HIV and Hepatitis. Our programs focus on underserved populations- individuals, families and communities that fall into the treatment gap that still persists in our nation's healthcare delivery system. We closely monitor and evaluate the services we fund and those for which we have regulatory responsibility. Performance outcome measures from these evaluations indicate that our programs are improving health outcomes, they are increasing housing, employment and education for people with substance use disorders and they are reducing criminal justice involvement.

Female VO:

Charlene Payne. Project State Coordinator, New York State Medication Assisted Recovery Services.

Charlene Payne:

I grew up in a time where it was real popular to do drugs. In the late 60s and 70s there were stores all over the place- you could go buy cocaine spoons, it was just so popular. A lot of my friends went to Vietnam and when they came back they were addicted, my husband in particular. So when he came back from Vietnam- he wasn't there very long, but he was hurt. And he saw things that I don't think any 20-year old is supposed to see. So when he got back, he was already addicted to heroin. So I was introduced to heroin, and I liked it. What helped me is methadone. There's nothing wrong with methadone- methadone saved my life, gave me my life back, gave me another career. And if we could take the stigma off of methadone and any medication that would assist somebody to their recovery, they can sustain their lives and they can become productive, self-sufficient people. And the thing that I

know is recovery services- treatment is important because you need that, but it was the recovery services that saved my life and the reason why I am standing here. Thank you.

[Applause]

Female VO:

General Arthur Dean. Chairman and CEO, Community Anti-Drug Coalitions of America.

General Arthur Dean:

Thank you so much for honoring us by your presence here today to help us celebrate the 27th National Recovery Month Luncheon. We've always been concerned about education and prevention and intervention and treatment and recovery and all of the continuum. And we've always believed that it's only all of us working together can we really achieve progress and most importantly continue and sustain that progress, and that's really what recovery is all about.

Female VO:

Tom Vilsack. U.S. Secretary of Agriculture.

Tom Vilsack:

In the area of prevention, it's about a lot of things when it comes to opioids, it's about making sure that physicians understand and appreciate when and under what circumstances as limited as they need to be, opioids should be prescribed. So CDC has come out with new guidelines - basically setting the parameters and the borders. These are the boundaries, these are the questions you should ask, these are the options you should consider before you make that decision to provide a patient with opioids. And when you do, when it is appropriate and when it is necessary, make sure that the number of prescribed pills meets the need, that you don't overprescribe. And if it turns out that you have an individual who keeps coming back and coming back and coming back and coming back, maybe you ought to take them aside and just start asking them a few questions. And maybe you will find that that individual is now among the millions taking these medications without really managing pain. And maybe you can help redirect that person into a treatment and recovery cycle.

Female VO:

My story is yours. I am a mother.

Male VO:

I'm a father, a son...

Female VO:

... a daughter, I am in recovery from a mental illness...

Male VO:

A substance use disorder.

Female VO:

With support from family and community...

Both VO:

We are victorious!

Female VO:

Join the voices for recovery: our families, our stories, our recovery!

Male VO:

For confidential information on mental and substance use disorders including prevention and treatment referral for you or someone you know, call 1-800-662-HELP. Brought to you by the U.S. Department of Health & Human Services.

[Music]

Female VO:

Gary Parker. Executive Director, Kansas Consumer Advisory Council for Adult Mental Health.

Gary Parker:

Recovery to me means living a normal life, being able to live my life the way I want to live it. And not having anyone saying, "well you know, you have a mental illness you can't do that" and not having medications control my life. But being able to have that conversation with my doctor and being able to say, "this works for me" not having a pill forced on me, but having joint choices made. And the peers gave me the hope and understanding of what recovery meant. Being able to communicate with others who lived the same experience that I was going through- wow I've never had that connection, someone who knew what I was going through.

Female VO:

Wayne Ford. Executive Director, Focus on Friends.

Wayne Ford:

One of the things that I started to realize as I got older and started my journey in 2008 is that I was suffering from trauma, and I never realized the impact of what trauma did in my life. Recovery means to me today living fully, being well, being happy, dancing in the rain when the storms keep coming because life happens, and I am somebody and I have choice and I have power today. And recovery is about letting people know my story and not being afraid.

Female VO:

J. Carlos Rivera. Executive Director, White Bison, Inc.

J. Carlos Rivera:

About 12 years ago I reached a point in my addiction that I lost everything- I lost all hope to live, lost my family, friends. And with everything I had left, I said a prayer, and at that time I did not believe in anything. But I said this prayer months before I got clean and sober, and I had asked for a chance to change my life. And what I learned was that at the same time I was making this prayer, there was an agreement being made in the spiritual world- in this world that I could not see with the physical eye. It was an agreement being made between my spirit and the spirit of recovery, and that I would spend the rest of my life helping others get clean and sober. And so I entered treatment a few months later, and I am a person in long-term recovery. I haven't used drugs or alcohol since 2004.

Female VO:

T. Daniel Fred. Director of Recovery Programs and National Outreach, Transforming Youth Recovery.

T. Daniel Fred:

I just got to a place of hopelessness in my own addiction, a place to where I couldn't really go on anymore to where my only option was either death or just living in that constant death. And so I made a choice in a sense to give my will over and to try a new way of life and to surrender, and since then, exponentially better. I've been in recovery for a little over 14 years, and my life is beyond what I could have even imagined at that time.

[Music]

Male VO:

My family and friends are always with me, no matter where I may be. Sharing stories from home helps me sustain my recovery from my mental and substance use disorder. Join the voices for Recovery: our families, our stories, our recovery!

Female VO:

For confidential information on mental and substance use disorders including prevention and treatment referral for you or someone you know, call 1-800-662-HELP. Brought to you by the U.S. Department of Health & Human Services.

[Music]

Female VO:

Recovery events took place across the globe in September as tens of thousands gathered in local communities to celebrate the courage, the strength and the support that have helped so many experience first-hand that recovery is possible! That recovery can and does happen! And there is joy in recovery.

[Crowd Cheers]

Female VO:

September 10th was the date of the McShin Foundation's 12th annual recovery fest and 7th annual KCBS barbecue cook-off. The cook-off started out as a way to help people in recovery at McShin have a little fun. And spread the message of, "smoke meat, not drugs."

Female VO:

Carol McDaid. Co-Founder and Board Member Emeritus, The McShin Foundation.

Carol McDaid:

And we have used this day to really expand the recovery movement in Virginia. Each year the event gets a little bit bigger, more people come. And we feel like anybody who is trying to get the word out about recovery uses this event to showcase what you can do. But even more importantly, to let people know that recovery happens.

Female VO:

Honesty Liller. Chief Executive Officer, The McShin Foundation.

Honesty Liller:

Not only just fun in recovery, but it's a family event that our people can bring their kids and family members to, to show them like they can have fun in recovery and to start healing those families back

together, that's why we have these events. We go to so many funerals we're kind of over it. It's a lot and the kids are getting younger and younger that are dying from this disease. So that's kind of in a nutshell what we do, smoking meat not drugs that's our thing.

Female VO:

Allen Harris. Bar-B-Que Team Member and Alumni, The McShin Foundation.

Allan Harris:

You got people coming out here, they don't know anything about addiction, they don't know that it affects you in so many aspects and areas of your life and it's just awesome being able to cook a little barbecue, hang out with your friends, inform people about the disease of addiction if they don't know anything about it.

Female VO:

The event also featured speakers who delivered some encouraging news about federal support for the recovery movement.

Kana Enomoto. Principal Deputy Administrator, Substance Abuse and Mental Health Services Administration. U.S. Department of Health and Human Services. Speaking at the McShin Foundation's 12th Annual Recovery Fest

Kana Enomoto:

We're going to do the first ever surgeon general's report on addiction, alcohol, drugs and health. It's going to be the first time that we take a scientific look at the neurobiology of substance use, on prevention, treatment, recovery and financing and understanding. Putting all the science in one place to say this is a real brain disease. This is something from which people can recover and from which people also can have a recurrence. And we need to make sure those recovery support services are out there.

Female VO:

And no one symbolizes the importance of that treatment and support, more than those who are in recovery.

Andrew Nelson. Peer Leader and Alumni, The McShin Foundation.

Andrew Nelson:

The McShin Foundation and McShin Academy created this environment for me where there's other kids that are open about their feelings and want to get better. Because a lot of kids really do need this place. They just don't want to be honest with themselves and confront the fact that they do have a problem.

Female VO:

Stanislav Novitsky. Director of Youth and Family Development, The McShin Foundation.

Stanislav Novitsky:

Recovery is not easy but it is worth it. You know, nothing happens overnight. But today, I'm willing to work for the good things in life instead of trying to substitute and find an answer through an easy fix through drugs or alcohol.

Female VO:

The recovery movement runs the gamut from barbecue – to books. An event in Austin, Indiana, focused

on a book called “Dreamland” by Sam Quinones, who traces the history of the opiate epidemic sweeping through small town America.

Sam Quinones. Author of Dreamland. Speaking at the CEASe Community Forum in Austin, Indiana.

Sam Quinones:

Doctors began to buy the idea in the mid 1990’s, that they should prescribe opiate pain killers for all manner of pain and in large doses and in unending prescriptions sometimes. And that this had created lots of addiction, and that a lot of those addicts were transitioning, by the mid 2000’s late 2009, 10,11, to heroin and that was accelerating. And I felt that was a national story that no one had told yet.

Female VO:

Jimmy. CEASe Community Forum Participant.

Jimmy:

I can remember first coming off of my pain medications thinking, how am I going to live? Because I had been treating chronic pain for years and followed the medical establishments’ thought processes on that, and when we found out that those were all wrong, it was very scary. But the reality for me is being able to say, “hey you know what, not only is your pain going to get better off of all of this stuff- you are going to have a better life if you immerse yourself into this recovery lifestyle.”

Female VO:

The event also included the release by SAMHSA of two new PSAs on addiction, treatment and education, which were filmed in the local community. The PSAs will eventually be used throughout Indiana, and neighboring Ohio and Kentucky.

Female VO:

Debbie. CEASe Community Forum Participant.

Debbie:

The addiction took me to living in the streets, not knowing where I was going to stay at or who I was going to stay with. And if I was going to be found in an alley, that was my mother’s greatest fear and my family- is that they were going to see me, an unknown female in the Louisville area, found in an alley.

Female VO:

John. CEASe Community Forum Participant.

John:

Recovery is such a better way of life. I know the pain and the suffering that people with substance use disorder go through having been there myself, been in that hell. And it is hell.

Female VO:

Ben. CEASe Community Forum Participant.

Ben:

Accidental overdose is the leading cause of accidental death today in the United States. And, you know, being a survivor of overdoses myself, I really want to get the message out there that there is hope, that there is a solution, and that we need to start talking about that solution more.

Female VO:

This year's Recovery Month events culminated on October 2nd with the Big Texas Rally. People from coast to coast gathered with a common goal – to celebrate recovery and to encourage people in recovery to freely share their stories, to open a national dialogue about recovery and overcome the stigma associated with substance use and abuse.

Ivette Torres. Speaking at the Big Texas Rally for Recovery in Dallas, Texas

Ivette Torres:

Allow us to show the world that prevention works, treatment is effective and indeed, recovery is possible.

Female VO:

Michael Botticelli. Director of National Drug Control Policy. Speaking at the Big Texas Rally for Recovery in Dallas, Texas

Michael Botticelli

My story is not unique. I am just one of millions of Americans in recovery who have gone on to live long and productive lives just like all of you. So it is so important that all of you are here today. I can't tell you how critically important it is to show this community, this state, this nation that recovery is possible. That we can and deserve care. That addiction is not a disgrace, it's a disease, and that we deserve good care and good treatment for what we are trying to do.

Female VO:

Robert. Big Texas Rally for Recovery Participant.

Robert:

We've united across the nation to come together to support and celebrate the idea that recovery works, treatment is effective, prevention is possible, and to come together to show the world that we're not hidden in church basements, we're not hidden in any other parts of the country that we can be out in the open. And showing the world that this whole thing, this whole rally, this whole community is important.

Female VO:

Cherilyn. Big Texas Rally for Recovery Participant.

Cherilyn:

So being in recovery is a big asset to me. It is very important to me that I do this so that my loved ones, my friends, my next door neighbors, person across the street, standing on the corner can see a difference in me because guess what? When you're clean, it shows. You glow. You just stand out like a sore thumb.

Female VO:

Leonora. Big Texas Rally for Recovery Participant.

Leonora:

Recovery means healing, it means freedom, it means freedom from addiction, it means being on that

other side, it means an opportunity to live a natural, joyful, stable life, something you're not able to do when you're in addiction.

Female VO:

Robert and Melody. Big Texas Rally for Recovery Participants.

Melody:

It takes the whole family, it's just not the one person. But it is the families, spouses, children, we are all in recovery, and recovery is good for our minds, for our families, and for our hope and future. Thank you. Recovery is good all the time.

Robert: Yes. All the time.

Melody: And all the time, recovery is good.

Female VO:

The events showcased truly represent that passion – and the spirit, enthusiasm and support found in each and every recovery event across the nation and around the world.

[Music]

Male VO:

For more information on **National Recovery Month**, to find out how to get involved or to locate an event near you, visit the **Recovery Month** website at recoverymonth.gov.

Female VO:

Ivette Torres. Associate Director for Consumer Affairs, Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration. U.S. Department of Health and Human Services.

Ivette Torres:

The 2016 **Recovery Month** observance highlighted the stories of family recovery. These are the stories of our own family members, our friends, our neighbors, and our coworkers. Millions of people are in recovery, but many more have yet to find their path to living self-directed lives and achieving their full potential. Sharing our family stories of recovery encourages others to seek treatment and find their own path for recovery.

Your participation in **Recovery Month** events—and your work to support recovery throughout the year—helps thousands of people from all walks of life on the path to hope, health, and wellness. Please know that your work is greatly appreciated!

As we recognize the success of the 2016 **Recovery Month** events, we also want you to turn your attention toward next year. You can be an agent for positive change to help people find their own unique path to recovery by getting involved and organizing a **Recovery Month** event for September.

For information on how to get started, go to the **Recovery Month** website at recoverymonth.gov. There you will find examples of events others have organized. When you visit the site, you'll see a wide range of events reflecting great diversity and creativity. We encourage you to organize an event that reflects

your own unique imagination. Perhaps your event will be highlighted in our showcase of events for 2017!

The Substance Abuse and Mental Health Services Administration thanks you for all you do to support recovery. Let's keep this exciting work going!

[Music]

Female VO:

The *Road to Recovery* television and radio series educated the public about the benefits of treatment for mental and substance use disorders as well as recovery support services for individuals, families and communities. Each program engages a panel of experts in a lively discussion of prevention, recovery and treatment services and successful initiatives from across the country. To download and listen to this program, or other programs in the series, visit the website at RecoveryMonth.gov.

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